




NWMS NORTHWEST MEDICAL SPECIALTIES, PLLC

Food Resources - Thurston County

<p>Thurston County Food Bank (Lacey) 360-352-8597 7027 Martin Way E, Olympia Tuesday & Thursday 10-2</p>	<p>Thurston County Food Bank (Olympia) 360-352-8597 220 Thurston Ave NE, Olympia Monday, Wednesday, and Friday: 10:30 am – 3:00 pm</p>	<p>Thurston County Food Bank – all locations For more information on the Thurston County food banks and satellite locations, go to https://tcfb.org/services/locations-with-summer-lunch/pick-up/</p>
<p>CIELO - Lutheran Church of the Good Shepherd https://www.cieloprograms.org/food-banks-bancos-de-comida Please call 360-709-0931 to register.</p> <p>1601 North St SE, Olympia Serves Spanish speakers. 4th Friday 12:00 – 2:00 PM</p>	<p>CIELO Shelton - Faith Lutheran Church https://www.cieloprograms.org/food-banks-bancos-de-comida Please call 360-709-0931 to register.</p> <p>1212 Connection St., Shelton Serves Spanish speakers. 2nd Friday 12:00 – 2:00 PM</p>	<p>Heritage House Food Bank 360-264-2740 Heritage Baptist Church of Tenino 1315 Sussex Ave E, Tenino Saturday 2:00 – 5:00 pm Please bring ID, a piece of mail showing your local address, and household members birthdates on your first visit.</p>
<p>Littlerock United Methodist Church 360-943-4720 6336 SW 128th Ave, Littlerock Last Tuesday of the month 9:30 AM – 12:00 PM **Call ahead to reserve.</p>	<p>Tumwater Old Town Center 215 N 2nd Ave SW, Tumwater 2nd Friday 11:00 – 12:00 pm Contact Todd Anderson at (360) 754-4164 for further information and for intake form.</p>	<p>Valley Heart Assembly of God 360-446-2139 11318 Vail Cut off Rd SE, Rainier Wed, Sat: 9:30 AM - 12:00 PM</p>

Meal/Grocery Delivery

<p>Meals on Wheels – Senior Services 360-586-6181 ext 124 https://www.southsoundseniors.org/ Thurston and Mason. Eligibility: 60 or older, no longer be able to cook or lack someone to cook, be homebound - no longer able to drive or take public transportation without assistance. If you don't meet eligibility, meals cost \$9.50-subject to change.</p>	<p>Thurston Food Bank – Grocery Delivery For information on delivery, email satellite@thurstoncountyfoodbank.org (preferred) or call 360-352-8597 Must be 60+, meet income guidelines Within 130% of FPL (verified annually)</p>	
<p>Mom's Meals 1-888-726-4677 Meals delivered by FedEx https://www.momsmeals.com/</p>	<p>Grocery Delivery Safeway, Albertson, Fred Meyers, QFC, etc. may offer grocery delivery to your home. Delivery cost.</p>	<p>Instacart, Doordash Phone apps you can download. Additional cost, with delivery and tip.</p>